

Corona Crisis (Covid-19) God's Health Plan

Corona Virus (Covid-19) is transmitted through fluid from the body when someone sneezes, coughs. The virus is released into the air and if it gets into contact with the eye, mouth or through the nostrils. It can be transmitted. Symptoms include, coughing, sneezing, fever and chest congestions result. It affects the respiratory system.

The protein molecule of the virus enters the body, it emulates the protein molecular structure of the cell (DNA), and thus, it will not look like a foreign body into the cells. This tricks the cells, such that the body will not produce anti-inflammatory response. More so, if you have a compromised immune system. These virus protein, stays on the surface of the cells for sometimes, then encroaches itself into the cell, because it has the protein molecule mimicking the cells' After 14 days, it bursts out, releasing its toxins (this should catalyze the immune response). If the cell mediated immunity is weakened, the victim will succumb to death. This type of Corona virus, seemingly is the mutated virus of SARS.

How to Handle the Disease and Elimination procedures

3tbsp Carom seeds powder, get this in Hindu shops, powerful anti-inflammatory

4tbsps Tylosemma spp root (Luo, Ombasa, English name, Creeping Bauhania) powerful blood purifier, eliminate any virus in the system, able to break protein molecules of the virus, clear fungus, bacteria and parasites in the blood. Substitutes include Poke root, knob wood bark.

3tbsp Albizia gummifera (peacock tree, mimosa tree), clear the virus due to its strong Anthelmintic and its antioxidant effects alkalizes the blood quickly.

3tbp Licorice root powder: break and destroy the virus protein and inhibits the virus replication in the cells.

A handful of **fresh Lemon grass/fever grass**, leaves and roots: eliminate fever and calm the cells, also alkalizes the cells.

Half kg pine needle leaves; pound the leaves after washing, to be simmered: High in Vitamin C

3tbsp Golden seal root powder: Helps eliminate catarrh (mucus) in the body, especially in the respiratory and GI tract tissues, it is a powerful lung tonic.

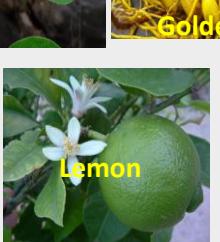
Two whole pieces of **fresh ginger**: Increases lymph flow and aids elimination of mucus from the upper respiratory areas, especially the lungs. It is also a lead herb leading all the medicinal properties of the mixed herbs into the affected areas, thus destroying any intruder to the body cells.

2 bulbs of **fresh of fresh Purple garlic**, you will grate this: It has antiseptic, anti-parasitic, antibacterial, antiviral, antifungal properties. Also helps to Rebuild the DNA

3 medium red bulb onion, to be grated : antibacterial and hepatoprotective abilities

1 teaspoon of cayenne pepper (African bird cayenne , should be very hot): for improving blood circulation in the Body.

A cup of lemon, lime and oranges pills: good for vitamin C.



Paw paw leaf Juice

Pick 6 fresh and tender leaves

Juice in a juicer, or crush and squeeze out the juice if you lack a juicer. Or blend and squeeze out the juice. Take half a glass twice a day. To complement the above program

Removes the excess protein in the body, break tumor, blocks ATP flow to the cancer cells , thus stops angiogenesis

Tamarind (Luo:chwa)

Improve blood flow to the liver, for liver flush.

2tbsp of olive oil

Boil 10 whole tamarind in 2 quarts of water for 10 minutes. Allow to cool. Sieve. Then add the 2tbsps of olive oil. Take twice a day. Clears the lymphs, mucus, lungs, nerves and removes heavy metals. High in Vitamin C.

Procedure

Mix all the ingredients above together in a casserole

Add two gallons of water

Allow to simmer for 30 minutes

Sieve , then store in a thermos flask.

Let the patient take this decoction half a glass after every hour.

You can add 10 drops of either tea tree oil, oregano oil, clove oil, peppermint oil , black seed oil or grape seed oil into it. Also 2 drops of iodine solution to improve metabolism.

Protective mechanisms

1. Making nose filters

1 tbsp bentonite clay, green clay, 3 tbsps of activated charcoal, mix all these together, add a little water , mold it into small sizes. You can mold it into the size of a yellow beans size, fix it in a small malleable wire. Fix the sizes you've molded into it. Just make a small one you can comfortably fix in the nose. Dip it in olive oil, then fix it. This will be very convenient for the nose and will not allow any bacteria or virus to enter the nose.

Sometimes you can make this mixture in which you shall dip it.

1 teaspoon peppermint oil

3tsp olive oil

1 teaspoon clove oil

Mix all together. You can dip your nose filters in it after every 3 hours. This kind of nose filter can be reused, just dip it in this mixture after three hours and fix it back on the nose.

2. Put on some protective eye glasses to protect you from touching your eyes in case you touch an infected area.

3. Making a hand wash.

10mls of alcohol solution, should be 60% water proof, like vodka, this will also act as a preservative.

Add 3drops of peppermint oil, clove oil, oregano oil or rosemary oil

Boil pine needle leaves just a pound of these, in 2 liters of water for 30 minutes, sieve.

Add 10mls Lysol (soapy like) this is a powerful destroyer of any virus, bacteria or fungus on the surfaces.

Add 10mls lysine also a powerful antiseptic.

Mix all these together. And store.

You will only add 10mls in a gallon(4litres) of water. Put in a small spray. Spray your hands with it. Its disadvantage is that once it is on the skin, no virus can penetrate into the body.

4. Put on cloves.

Hydrotherapy

Include water treatments during these procedures.

Use essential oils for steam baths like clove oil, tea tree oil, peppermint oil, oregano oil, eucalyptus oil.

Do fever baths

Fermentations on the chest

Wet sheet pack treatments.

Viruses and bacteria cannot survive on high temperatures

You can spray your hands with the hand sprayer first, then put on the gloves. Then spray the hand wash again on the gloves. This will protect you from the virulence.

5. Making a natural fumigant

Take all the ingredients in the hand wash

Add the following into it: 1 ounce(a glass) of colloidal silver, half ounce of hydrogen peroxide (33%, food grade), a glass of filtered clear activated charcoal water.

Just take 10 mls, add into a gallon of water.

Spray the all house, on the surfaces of the table, chair, beds, doors and door knobs, gates, your toilets, cars.

The advantage is that it will stay on these surfaces for a longer duration as a day, and then it is able to kill any bacteria or viruses released into the air. This is very appropriate where people gather

The bible tells us “.. If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I [am] the LORD that healeth thee. Exodus 15:26. Many are suffering from various disease because of weakened immunity. This has resulted from eating animal flesh, processed foods (refined foods) that does not supply the blood with Phytonutrients. Still, best health only thrive on purely organic vegetarian diet that will supply the body with all the essential nutrients (90 essential nutrients) helping in complete methylated cycles.

To boost the immunity so that we can be shielded from any germs, bacteria or viruses, we need to take foods rich in sulphides e.g kales, collards, lettuce, cabbages, broccoli, cauliflowers, and spinach. Alkalizing vegetables like indigenous vegetables are very important. Whole grains like millet, sorghum, yellow maize, whole spelt wheat, brown rice, barley, buckwheat etc. increase your omega 3 intakes by taking purslane, flax seeds, black seeds and chia seeds. Others seeds like sunflower seeds, sesame seeds and quinoa seeds(white amaranth) are very powerful for the liver and the whole methylated cycle.

To have a robust health, remove wastes and empower the eliminative channels: the colon, kidney, liver, blood, lymphatic system, skin and lungs.

Follow simple health laws like: **(1) Taking wholesome vegetarian diet**, fruits, Nuts and wholesome grains (not grown with inorganic fertilizer or soils sprayed with round up, touch down), glyphosate in these agro-chemicals injure the cells, weakening the immune systems, sometimes causing autoimmunity. Search to know more on how to grow your food organically.**(2) Breath Pure air**, make sure you always breath pure and negatively charged air, which is found in places with many trees, around the rivers. This will revitalize your cells, remember where there is circulation of oxygen, disease causing agents like parasites, bacteria, virus and fungus cannot thrive. **(3) Drink Clean and Pure water**. Hydrating your cells with pure water, increase supply of oxygen to the cells, thus energizing the cells and removes toxins. Pure rain water, spring or distilled water is wonderful for the body. **We should also not drink with meals, or take water immediately after eating, this practice interferes with digestion which hampers the metabolism in the body.** Take water an hour before eating and two hours after eating. Always note that, warm water is the best for your body. **(5) Have Proper Rest**, sleep at regular times, don't stay over the TVs for a long time, then sleep immediately, it affects the health. Again, two hours sleep before midnight benefits the body, because it enhances melatonin and serotonin actions in the body. This, boosts your immunity, clarity of mind, functions of the liver, kidneys and lungs. **(6) Bathing in the Sun** morning hours between 8-9 Am and late evening 5-6PM is so helpful to your health. Sunshine help in Vitamin D absorption and calcium utilization in the body. Vitamin D promotes over 200 body processes and also help in improving your immunity tremendously. The word of God says that “Wisdom [is] good with an inheritance: and [by it there is] profit to them that see the sun, Truly, the light [is] sweet, and a pleasant [thing it is] for the eyes to behold the sun:” Ecclesiastes 7:11, 11:7. **(7) Regular exercise.** Perfect health is achieved through perfect circulation of blood in the body. Regular exercise ensures perfect blood flow to the cells, tissues and muscles bringing life to them and removing toxins, it also tones the body and help in bone regeneration; the stem cells in the body formation of blood.

(8)Trusting in divine power. We need to trust in God always for He is our creator, he knows our frame and will keep us in perfect health if we trust in Him. “Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH [is] everlasting strength.” Isaiah 26:3,4. Stress lowers the immunity hence the body will be attacked easily by any pathogen. Lets be cheereful, finding joy in helping others, refrain from anger, jealousy, envy, wrath, drunkenness, lying and speaking ill about others. These practices intoxicates the blood by releasing corticosteroid hormone, which creates homeostatic imbalances resulting to complications of health.

Other ways of improving our health is by being in a quite serene environment, a country life where we can grow our own foods, for we see now that the problem of buying and selling is becoming more difficult. Can you get healthy and nutrient dense foods in the groceries today. NOOOO! Country living is the solution. Make steps out the Cities my friends. Plant trees like pine, cedar, fir, cypress and eucalyptus in your homestead, they, remove all the impurities in the air. Purity of life will also help us to be protect by God from the plaques (read psalms 91).

Conclusion

Corona virus is not the first , yet not the last of the threatening diseases that have trucked the world with a blow. We have had leprosy in the bible, HiV-AIDs, in early 1990s, SARS IN 2002, MERS in 2012, Influenzas, H1N1, HANTA VIRUS, and more are to come. We need a special relationship with Jesus. The Bible says that these are just the beginning of trouble;Mathew 24:7-9, we are yet to face Persecutions of Christians, the economic crisis Revelation 13:15-17, where there will be no buying and selling unless we have the mark of the beast. The more nearly we come into harmony with God's original plan, the more favorable will be our position to secure health of body, and mind, and soul. Lastly, what should we do when all these are happening around us? “And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh.” Luke 21:28.

For more information on healthy lifestyles, handling various lifestyle diseases, spiritual health, proper cookery, food preservation techniques, organic farming lessons and ordering herbs visit our website

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